

Thrive: Educational Series for Professionals

Session II of 2023

Presentation One:

Promoting the Mental Health of Military Parents to Prevent Child Maltreatment

The military has been described as a “greedy” institution because it demands so much from Service members and their families. Those connected to the military experience unique stressors like military deployments, frequent relocations, and injuries. They also encounter the same challenges as their civilian peers such as paying the bills, doing household chores, and taking care of children. Not surprisingly, some military parents experience mental health challenges. These can range from having a few minor psychological symptoms to diagnosable psychiatric conditions. Unfortunately, parents’ mental health problems are associated with suboptimal parenting and, in the extreme, child maltreatment and neglect. Thus, the mental health of military parents is critically important for individual and family functioning. There are a number of evidence-based programs and services designed to address psychological problems among military parents which ultimately contribute to improved parenting and prevention of child maltreatment.



 **Presenters:**
Keith R. Aronson, Ph.D.

 **Date/Time:**
July 11, 2023, at 12 pm EDT

Presentation Two:

Trauma-Informed Care for Helping Professionals

Trauma-informed care (TIC) is currently a bit of a buzz phrase across educational, allied health, and other helping profession fields today. Organizations and programs may include variations of the phrase in their marketing and outreach materials and may support their personnel in completing TIC-focused trainings. But what does (and can) this approach to service delivery mean for professionals and organizations who do not treat or focus on trauma? Join us as we discuss the six principles of TIC and how these principles can be integrated into practice, at the individual and organizational levels, to benefit a range of client populations and organizational personnel.



 **Presenter:**
Tara Saathoff-Wells, Ph.D., CFLE

 **Date/Time:**
October 17, 2023, at 12 pm EDT

Presentation Three:

Anger Management Techniques and Strategies

Experiencing anger too frequently or too severely can have a host of negative consequences, including negative physical and mental health symptoms, interpersonal problems, and family conflict. This presentation will review a variety of cognitive-behavioral, mindfulness-based, and communication strategies that can help individuals manage their anger and reduce interpersonal conflict.



 **Presenter:**
Chelsea Spencer, Ph.D., LCMFT

 **Date/Time:**
November 14, 2023, at 12 pm EDT



An hour of Continuing Education credit will be offered to participants for each of these presentations.

The Clearinghouse for Military Family Readiness at Penn State is approved by the American Psychological Association to sponsor continuing education for psychologists. The Clearinghouse maintains responsibility for the presentations and their content.



Cost:

There is no cost to attend.



Advance Registration Required:

Use this link to register:

<https://bit.ly/register4thrivesession2>



There is no commercial support for any of these presentations. The educational series is made possible with support from the Department of Defense, the National Institute of Food and Agriculture, and Hatch Appropriations.